



10/6/2015

NBRC Lap Pool

October 5- November 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	3 lanes open 7:00-9:00 Boulder Swimming		
6:30am								
7:00am								
7:30am								
8:00am								
8:30am		4 lanes open 8:00-9:00 Drop-in H2O Fit		4 lanes open 8:00-9:00 Drop-in H2O Fit			2 lanes open 8:00-9:30 BAM	
9:00am	4 lanes open 9:00-10:00 Drop-in H2O Fit	Lap Swim 9:00-12:00	4 lanes open 9:00-10:00 Drop-in H2O Fit	Lap Swim 9:00-12:00	4 lanes open 9:00-10:00 Drop-in H2O Fit	3 lanes open 9:00-11:00 Flatirons	4 lanes open 9:30-10:30 BAM	
9:30am								
10:00am	Lap Swim		Lap Swim		Lap Swim			Lap Swim
10:30am	3 lanes open 10:30-11:30 BAM		3 lanes open 10:30-11:30 BAM		3 lanes open 10:30-11:30 BAM			3 lanes open 10:30-11:30 BAM
11:00am								
11:30am	Lap Swim 11:30-6:00	4 lanes open 12:00-1:00 BAM		4 lanes open 12:00-1:00 BAM		Lap Swim 11:00-1:00	Lap Swim 10:30-1:00	
12:00pm								
12:30pm								
1:00pm								
1:30pm		Lap Swim 1:00-5:45		Lap Swim 11:30-5:30		Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm								
4:30pm								
5:00pm								
5:30pm	4 lanes open 5:45-6:45 Drop-in Zumba	7 lanes open	6 lanes open 6:00-7:00 Lessons		Lap Swim 4:00-6:30	Lap Swim 4:00-7:30		
6:00pm								
6:30pm								
7:00pm	4 lanes open Drop in H2O Fit 7:00-8:00	6 lanes open 7:00-8:00 Water Polo Fitness	Lap Swim 7:00-9:00	6 lanes open 7:00-8:00 Water Polo Fitness				
7:30pm								
8:00pm								
8:30pm								
9:00pm	Lap Swim 8:00-9:00							

"Lanes open" indicates lanes open to the public.

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-413-7260 or go to www.boulderaquatics.org